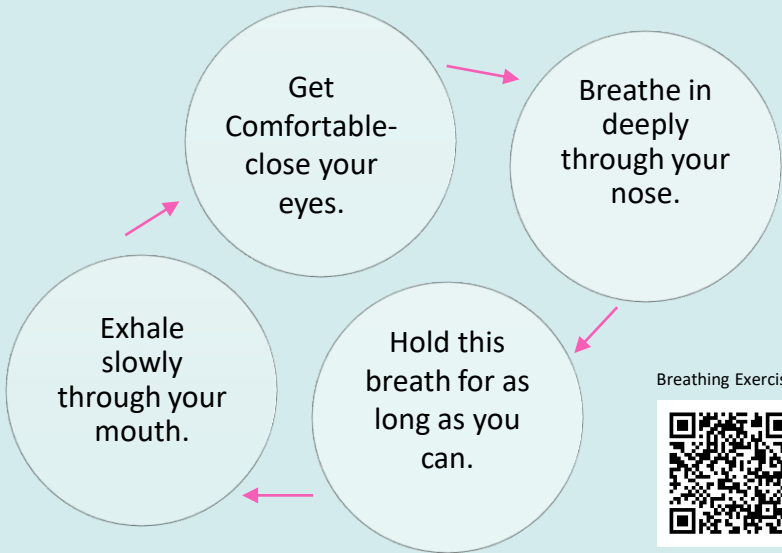




Wellness Coping Statement Cards





Breathing Exercises



Breathe.

- Relax, breathe deeply, let it float away.
- I can slow down and think about what I need to do next.

It's ok not to be ok.

- I've challenged my negative thoughts before, and I can do it again.

Am I in danger?

- Are things as bad I am making them out to be?
- This feeling doesn't need to be comfortable.

Anxiety is normal.

- I cannot control everything.
- All I can do is my best.
- Anxiety may be a part of my life, but it will not control my life.

DEPRESSION



Breathe.

Stress is natural.

Go with the flow.

What can I control?

Do I have time in my schedule right now?

I can't do the entire thing, but I can help with a specific part.

One breath at a time.

Take breaks.

Can I take this on right now?

Stay present and focused.

Set boundaries: physical, sexual, intellectual, emotional, and financial.

It's ok to say no when it comes to my mental wellbeing.

FEELING OVERWHELMED



Breathe in for
5 seconds

Hold your
breath for 3
seconds

Breathe out for
7 seconds.

PANIC

I am not
powerless.

I'll just do
the best I
can.

This doesn't
have to
consume
me.

I don't have
to face this
alone.

It's ok to
ask for
help.

It's ok to
cry.

FEAR

The adrenaline I'm feeling will pass in a couple of minutes.

I choose to see this challenge as an opportunity.

Take deep breaths and take your time.

These feelings are natural.

I can ask for help.

It's ok to be afraid.

PHOBIA

Is this worth getting angry?

I can handle this and stay in control.

I'm in control of how I react.

I won't take this personally.

It's ok to walk away from conflict.

It's ok to feel my emotions.

I am in charge, not my anger.

People are going to act the way they want to, not the way I want them.

ANGER

Remember to breathe.

I can ask
for help.

I can tell others that the pain is bad today.

I will do the best I can.

People don't need to understand.

I can't please everyone.

I'm stronger
than I think.

I can do many things.

I just need to pace myself and take breaks.

I can be happy and enjoy life despite my pain.

I'm doing
my best.

My pain doesn't have to look like anyone else's pain.

It's ok if I can't get everything done today.

I am not
my
eating
disorder.

It's ok if I
need to be
reminded
to eat.

It's ok to
eat small
amounts
throughout
the day.

It's ok
to ask
for
help.

I am
the
hero of
my own
life.

My body
deserves
love.

I eat for
energy and
nourishment.

NOURISHMENT

SELF LOVE

I am
more
than just
my body.

When things
change
inside me,
they will
change
around me.

My body is
the least
interesting
thing about
me.

I am
worthy of
love and
respect.

It's ok
to be
myself.

BHDDH



Take Charge Guidebook



Wellness Check-In



JED Foundation Resources



For More Information

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[Using Coping Cards and Coping Statements to Improve Mental Health \(choosehelp.com\)](#)

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